

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trip: Friday September 18th Wildwood Park & Nature Center \$30. Leave FSC @ 9am return 3:30 Emmitsburg Thurmont Community Show 11-12 & 13th		Strength Training@10 Word Games Cards & puzzles	Walking & Breathing exercises Bingo with St. Catherine's	Strength Training@10 Cards , games & puzzles Wii	Birthday Party @ 12 Noon Canasta @ 12:30 Food Distribution @ FSC 1-2pm	
6	7 CENTER CLOSED <small>Labor Day</small>	8 Strength Training@10 Nutrition Trivia@11:30	9 Walking & breathing exercises Bridge @ 12:30	10 Strength Training@10 Cards , games & puzzles Wii	11 Walking & Breathing exercises Canasta @ 12:30	12
13 <small>Grandparents Day</small>	14 Walking & Breathing Exercise Bowling @ Thunderhead Art: 1:30-3:30 <small>Rosh Hashanah</small>	15 Strength Training@10 Picnic @ FSC 10am-2pm	16 Walking & breathing exercises (Allie Harris) Seated Dance	17 Strength Training@10 Elly Medicare assistance by appointment	18 Walking & Breathing exercises Canasta @ 12:30	19
20	21 Walking & Breathing Exercise Bowling @ Thunderhead Art: 1:30-3:30	22 Strength Training@10 Health & Safety Day 9am-12pm	23 The Gathering Picnic 10-1 Bridge @ 12:30 <small>Autumn Begins Yom Kippur</small>	24 Strength Training@10 Cards , games & Puzzles 2:30Wii	25 Walking & Breathing exercises FSC Lunch & entertainment (Chuck Fisher)	26
27	28 Walking & Breathing Exercise Bowling @ Thunderhead Art: 1:30-3:30 <small>Sukkot</small>	29 Strength Training@10 Games & puzzles	30 Walking & breathing exercises Trivia & games	 September 2015 Emmitsburg Senior Center		

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